



2007

YOUTH RISK & RESILIENCY SURVEY MIDDLE SCHOOL QUESTIONNAIRE

This survey is about health behavior. It has been developed so you can tell us what you do that may affect your health. The information you give will be used to develop better health education for young people like yourself.

DO NOT write your name on this survey. The answers you give will be kept private. No one will know what you write. Answer the questions based on what you really do, not what you think you are supposed to do.

Completing the survey is voluntary. Your grade in this class will not be affected by whether or not you answer the questions.

Make sure to read every question. If you do not understand a question, or if you feel uncomfortable answering a question, you may leave it blank. Please try to answer every question.

The questions that ask about your background will be used only to describe the types of students completing this survey. The information will not be used to find out your name.

Fill in the ovals completely. When you are finished, follow the instructions of the person giving you the survey.

Someone in the classroom will now tell you what to do before you start.

Thank you very much for your help.

Directions:

- o Use a #2 pencil only. One should be given to you by the person conducting the survey.
- o Fill in the bubbles completely, like this: A B ● D.
- o If you want to change your answer, erase it completely.
- o Choose only one answer for each question, except question #5.

1. How old are you?
 - A. 10 years old or younger
 - B. 11 years old
 - C. 12 years old
 - D. 13 years old
 - E. 14 years old
 - F. 15 years old
 - G. 16 years old or older

2. What is your sex?
 - A. Female
 - B. Male

3. In what grade are you?
 - A. 6th grade
 - B. 7th grade
 - C. 8th grade
 - D. Other

4. Are you Hispanic or Latino?
 - A. Yes
 - B. No

5. What is your race? (**Select one or more responses.**)
 - A. American Indian or Alaska Native
 - B. Asian
 - C. Black or African American
 - D. Native Hawaiian or Other Pacific Islander
 - E. White

6. During the past 12 months, how would you describe your grades in school?
 - A. Mostly A's
 - B. Mostly B's
 - C. Mostly C's
 - D. Mostly D's
 - E. Mostly F's
 - F. None of these grades
 - G. Not sure

The next 2 questions ask about safety.

7. How often do you wear a seat belt when **riding in** a car?
 - A. Never
 - B. Rarely
 - C. Sometimes
 - D. Most of the time
 - E. Always

8. Have you ever ridden in a car driven by someone who had been drinking alcohol?
 - A. Yes
 - B. No
 - C. Not sure

The next 2 questions ask about violence-related behaviors.

9. Have you ever carried **a weapon**, such as a gun, knife, or club?
 - A. Yes
 - B. No

10. Have you ever been in a physical fight?
 - A. Yes
 - B. No

The next 3 questions ask about attempted suicide. Sometimes people feel so depressed about the future that they may consider attempting suicide or killing themselves.

11. Have you ever **seriously** thought about killing yourself?
 - A. Yes
 - B. No
12. Have you ever made a **plan** about how you would kill yourself?
 - A. Yes
 - B. No
13. Have you ever **tried** to kill yourself?
 - A. Yes
 - B. No

The next 17 questions ask about tobacco use.

14. Have you ever tried cigarette smoking, even one or two puffs?
 - A. Yes
 - B. No
15. How old were you when you smoked a whole cigarette for the first time?
 - A. I have never smoked a whole cigarette
 - B. 8 years old or younger
 - C. 9 years old
 - D. 10 years old
 - E. 11 years old
 - F. 12 years old
 - G. 13 years old or older

16. During the past 30 days, on how many days did you smoke cigarettes?
 - A. 0 days
 - B. 1 or 2 days
 - C. 3 to 5 days
 - D. 6 to 9 days
 - E. 10 to 19 days
 - F. 20 to 29 days
 - G. All 30 days
17. During the past 30 days, on how many days did you smoke cigarettes **on school property**?
 - A. 0 days
 - B. 1 or 2 days
 - C. 3 to 5 days
 - D. 6 to 9 days
 - E. 10 to 19 days
 - F. 20 to 29 days
 - G. All 30 days
18. During the past 12 months, did you ever try **to quit** smoking cigarettes?
 - A. I did not smoke during the past 12 months
 - B. Yes
 - C. No

19. During the past 30 days, how did you **usually** get your own cigarettes? (Select only **one** response.)
- A. I did not smoke cigarettes during the past 30 days
 - B. I bought them in a store such as a convenience store, supermarket, discount store, or gas station
 - C. I bought them from a vending machine
 - D. I gave someone else money to buy them for me
 - E. I borrowed (or bummed) them from someone else
 - F. A person 18 years old or older gave them to me
 - G. I took them from a store or family member
 - H. I got them some other way
20. During the past 30 days, on how many days did you smoke **cigars, cigarillos, or little cigars**?
- A. 0 days
 - B. 1 or 2 days
 - C. 3 to 5 days
 - D. 6 to 9 days
 - E. 10 to 19 days
 - F. 20 to 29 days
 - G. All 30 days

21. During the past 30 days, on how many days did you use **chewing tobacco, snuff, or dip**, such as Redman, Levi Garrett, Beechnut, Skoal, Skoal Bandits, or Copenhagen?
- A. 0 days
 - B. 1 or 2 days
 - C. 3 to 5 days
 - D. 6 to 9 days
 - E. 10 to 19 days
 - F. 20 to 29 days
 - G. All 30 days
22. During the past 7 days, on how many days were you in the same room with someone who was smoking cigarettes?
- A. 0 days
 - B. 1 or 2 days
 - C. 3 to 4 days
 - D. 5 to 6 days
 - E. 7 days
23. During the past 30 days, how many times have you seen or heard commercials on TV, the Internet, or on the radio about the dangers of cigarette smoking?
- A. 0 times
 - B. 1 to 3 times during the past 30 days
 - C. 1 to 3 times during the past week
 - D. Daily or almost daily
 - E. More than once a day
24. During this school year, were you taught in any of your classes about the dangers of tobacco use?
- A. Yes
 - B. No
 - C. Not sure

25. Do you think that you will try smoking a cigarette soon?
- A. I have already tried smoking cigarettes
 - B. Yes
 - C. No
26. Do you think you will smoke a cigarette at anytime during the next year?
- A. Definitely yes
 - B. Probably yes
 - C. Probably not
 - D. Definitely not
27. If one of your best friends offered you a cigarette, would you smoke it?
- A. Definitely yes
 - B. Probably yes
 - C. Probably not
 - D. Definitely not
28. About how many cigarettes have you smoked in your entire life?
- A. None
 - B. 1 or more puffs but never a whole cigarette
 - C. 1 cigarette
 - D. 2 to 5 cigarettes
 - E. 6 to 15 cigarettes (about ½ a pack total)
 - F. 16 to 25 cigarettes (about 1 pack total)
 - G. 26 to 99 cigarettes (more than 1 pack, but less than 5 packs)
 - H. 100 or more cigarettes (5 or more packs)

29. During the past 30 days, what brand of cigarettes did you usually smoke? (Select only **one** response.)
- A. I did not smoke cigarettes during the past 30 days
 - B. I do not have a usual brand
 - C. Camel
 - D. Marlboro
 - E. Newport
 - F. Virginia Slims
 - G. GPS, Basic, or Doral
 - H. Some other brand
30. Do you think smoke from other people's cigarettes is harmful to you?
- A. Definitely yes
 - B. Probably yes
 - C. Probably not
 - D. Definitely not

The next 4 questions ask about drinking alcohol. This includes drinking beer, wine, wine coolers, and liquor such as rum, gin, vodka, or whiskey. For these questions, drinking alcohol does not include drinking a few sips of wine for religious purposes.

31. Have you ever had a drink of alcohol, other than a few sips?
- A. Yes
 - B. No

32. How old were you when you had your first drink of alcohol other than a few sips?
- A. I have never had a drink of alcohol other than a few sips
 - B. 8 years old or younger
 - C. 9 years old
 - D. 10 years old
 - E. 11 years old
 - F. 12 years old
 - G. 13 years old or older
33. During the past 30 days, on how many days did you have at least one drink of alcohol?
- A. 0 days
 - B. 1 or 2 days
 - C. 3 to 5 days
 - D. 6 to 9 days
 - E. 10 to 19 days
 - F. 20 to 29 days
 - G. All 30 days
34. During the past 30 days, on how many days did you have 5 or more drinks of alcohol in a row, that is, within a couple of hours?
- A. 0 days
 - B. 1 day
 - C. 2 days
 - D. 3 to 5 days
 - E. 6 to 9 days
 - F. 10 to 19 days
 - G. 20 or more days

The next 6 questions ask about marijuana use and other drug use. Marijuana also is called grass or pot.

35. Have you ever used marijuana?
- A. Yes
 - B. No

36. How old were you when you tried marijuana for the first time?
- A. I have never tried marijuana
 - B. 8 years old or younger
 - C. 9 years old
 - D. 10 years old
 - E. 11 years old
 - F. 12 years old
 - G. 13 years old or older
37. Have you ever used **any** form of cocaine, including powder, crack, or freebase?
- A. Yes
 - B. No
38. Have you ever sniffed glue, or breathed the contents of spray cans, or inhaled any paints or sprays to get high?
- A. Yes
 - B. No
39. Have you ever used a needle to inject any **illegal** drug into your body?
- A. Yes
 - B. No
40. During the past 30 days, on how many days did you use marijuana?
- A. 0 days
 - B. 1 or 2 days
 - C. 3 to 5 days
 - D. 6 to 9 days
 - E. 10 to 19 days
 - F. 20 to 29 days
 - G. All 30 days

The next 4 questions ask about sexual intercourse.

41. Have you ever had sexual intercourse?
A. Yes
B. No
42. How old were you when you had sexual intercourse for the first time?
A. I have never had sexual intercourse
B. 8 years old or younger
C. 9 years old
D. 10 years old
E. 11 years old
F. 12 years old
G. 13 years old or older
43. With how many people have you ever had sexual intercourse?
A. I have never had sexual intercourse
B. 1 person
C. 2 people
D. 3 people
E. 4 people
F. 5 people
G. 6 or more people
44. The **last time** you had sexual intercourse, did you or your partner use a condom?
A. I have never had sexual intercourse
B. Yes
C. No

The next 6 questions ask about body weight.

45. How do **you** describe your weight?
A. Very underweight
B. Slightly underweight
C. About the right weight
D. Slightly overweight
E. Very overweight
46. Which of the following are you trying to do about your weight?
A. **Lose** weight
B. **Gain** weight
C. **Stay** the same weight
D. I am **not trying to do anything** about my weight
47. Have you ever **exercised** to lose weight or to keep from gaining weight?
A. Yes
B. No
48. Have you ever **eaten less food, fewer calories, or foods low in fat** to lose weight or to keep from gaining weight?
A. Yes
B. No
49. Have you ever **gone without eating for 24 hours or more** (also called fasting) to lose weight or to keep from gaining weight?
A. Yes
B. No
50. Have you ever **vomited or taken laxatives** to lose weight or to keep from gaining weight?
A. Yes
B. No

The next 4 questions ask about physical activity.

51. During the past 7 days, on how many days were you physically active for a total of **at least 60 minutes per day**? (Add up all the time you spend in any kind of physical activity that increases your heart rate and makes you breathe hard some of the time.)
- A. 0 days
 - B. 1 day
 - C. 2 days
 - D. 3 days
 - E. 4 days
 - F. 5 days
 - G. 6 days
 - H. 7 days
52. On an average school day, how many hours do you watch TV?
- A. I do not watch TV on an average school day
 - B. Less than 1 hour per day
 - C. 1 hour per day
 - D. 2 hours per day
 - E. 3 hours per day
 - F. 4 hours per day
 - G. 5 or more hours per day

53. On an average school day, how many hours do you play video or computer games or use a computer for something that is not school work? (Include activities such as Nintendo, Game Boy, Play Station, Xbox, computer games, and the Internet.)
- A. I do not play video or computer games or use a computer for something that is not school work
 - B. Less than 1 hour per day
 - C. 1 hour per day
 - D. 2 hours per day
 - E. 3 hours per day
 - F. 4 hours per day
 - G. 5 or more hours per day
54. In an average week when you are in school, on how many days do you go to physical education (PE) classes?
- A. 0 days
 - B. 1 day
 - C. 2 days
 - D. 3 days
 - E. 4 days
 - F. 5 days

The next 7 questions ask about other health related topics.

55. Have you ever been taught about AIDS or HIV infection in school?
- A. Yes
 - B. No
 - C. Not sure
56. Has a doctor or nurse ever told you that you have asthma?
- A. Yes
 - B. No
 - C. Not sure

57. Do you still have asthma?
 A. I have never had asthma
 B. Yes
 C. No
 D. Not sure
58. How wrong do your parents feel it would be for you to drink alcohol (beer, wine, or hard liquor) regularly?
 A. Very wrong
 B. Wrong
 C. A little bit wrong
 D. Not wrong at all
59. How wrong do you think it is for someone your age to drink alcohol (beer, wine, or hard liquor) regularly?
 A. Very wrong
 B. Wrong
 C. A little bit wrong
 D. Not wrong at all
60. If you wanted to get some beer, wine, or hard liquor (for example, vodka, whiskey, or gin), how easy would it be for you to get?
 A. Very hard
 B. Sort of hard
 C. Sort of easy
 D. Very easy
61. How much do you think people risk harming themselves (physically or in other ways) if they take one or two drinks of an alcoholic beverage (beer, wine, or liquor) nearly every day?
 A. No risk
 B. Slight risk
 C. Moderate risk
 D. Great risk

How true do you feel these 10 statements are for you?

62. My friends get into a lot of trouble.
 A. Not true at all
 B. A little true
 C. Pretty much true
 D. Very much true
63. I often do things without thinking about what will happen.
 A. Not true at all
 B. A little true
 C. Pretty much true
 D. Very much true
64. I have a friend about my own age who really cares about me.
 A. Not true at all
 B. A little true
 C. Pretty much true
 D. Very much true
65. Outside of my home and school, there is an adult who really cares about me.
 A. Not true at all
 B. A little true
 C. Pretty much true
 D. Very much true
66. At my school there is a teacher or some other adult who really cares about me.
 A. Not true at all
 B. A little true
 C. Pretty much true
 D. Very much true

67. In my home, there is a parent or some other adult who listens to me when I have something to say.
- A. Not true at all
 - B. A little true
 - C. Pretty much true
 - D. Very much true
68. In my home, there is a parent or some other adult who talks with me about my problems.
- A. Not true at all
 - B. A little true
 - C. Pretty much true
 - D. Very much true
69. In my school, there are clear rules about what students can and cannot do.
- A. Not true at all
 - B. A little true
 - C. Pretty much true
 - D. Very much true
70. When I am not at home, one of my parents/guardians knows where I am and who I am with.
- A. Not true at all
 - B. A little true
 - C. Pretty much true
 - D. Very much true

71. Outside of my home and school, I am a part of clubs, sports teams, church/temple, or other group activities.
- A. Not true at all
 - B. A little true
 - C. Pretty much true
 - D. Very much true

The next question asks about the amount of food eaten by your family.

72. During the past 12 months, which of the following statements best describes the amount of food eaten by you and your family?
- A. Enough food to eat
 - B. Sometimes not enough food to eat
 - C. Often not enough food to eat

**This is the end of the survey.
Thank you very much for your help.**